

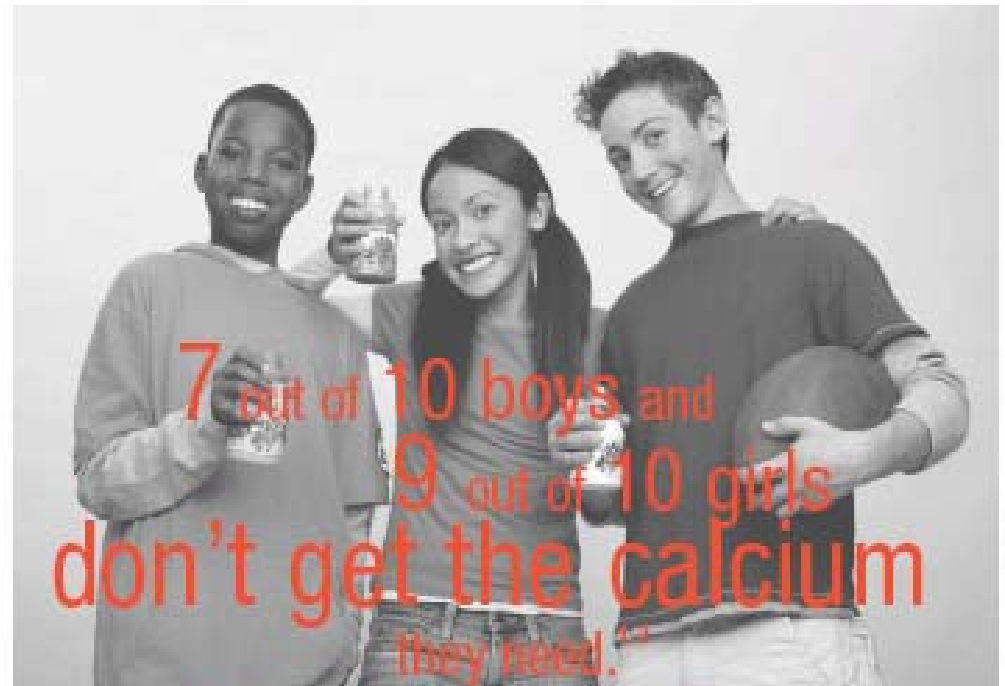
Dairy Council Resources

Nutrition and Food Science
Workshop

June 12-13, 2006

American Academy of Pediatrics

- Guidelines Release
Feb, 2006
- Copy of Report



Pediatricians Call for Calcium Check-up

American Academy of Pediatrics

ARE YOU AND YOUR CHILD EATING ENOUGH FOODS WITH CALCIUM?

Seven out of 10 boys and nine out of 10 girls don't get the calcium they need.

Dairy foods like milk, cheese and yogurt provide your body with the calcium it needs to make strong bones. Not eating enough calcium is a concern for the whole family. If you are not eating the recommended amount as the parent, then your child may not be getting enough either, which may increase risk of bone fractures and osteoporosis.

Assess your calcium intake with these questions and discuss the answers with your pediatrician, family doctor or registered dietitian.

1 How many times a day do you (or your child) drink white or flavored milk? (whole, 2%, 1%, or skim milk) Answer: _____	2 How often do you (or your child) eat cheese, yogurt, yogurt drinks, or other dairy products? Answer: _____
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Doctor Says: Children and adults can get the calcium they need by enjoying three servings of milk, yogurt or cheese each day (4 servings for adolescents). Choose low-fat or fat-free dairy foods often.

3 Do you (or your child) eat any of the following: broccoli, beans, cooked greens (e.g., collards, turnip greens, kale), or tofu? Answer: _____	4 Do you (or your child) drink calcium-fortified juices or eat any other calcium-fortified foods like cereal or bread? How often? Answer: _____	5 Do you (or your child) take any calcium supplements including those containing vitamins? Answer: _____
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Doctor Says: Dairy products, including milk, yogurt and cheese (low-fat and fat-free versions are encouraged), are the recommended way to get calcium and other nutrients like vitamin D and potassium. Many vegetables contain calcium, but large portions are required to get the amount of calcium you need. Some foods have added calcium (fortified), but they don't have other good vitamins and minerals found in dairy. For people who cannot or will not eat dairy foods, calcium supplements might be needed.

6 How often do you (or your child) drink soft drinks, fruit drinks, fruitades, etc? Answer: _____	7 How many times a week do you (or your child) participate in vigorous physical activity? Answer: _____
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Doctor Says: Milk is a better drink choice. If you drink a lot of soft drinks and fruit juices and/or fruit drinks instead of milk, you might not be getting enough calcium or other important nutrients.

Doctor Says: Physical activity, mostly weight-bearing exercise (such as running or playing basketball), is encouraged as part of an overall healthy bone program. Be physically active most days of the week.

8 Have you (or has your child) had any bone fractures? Answer: _____	9 Is there a family history of osteoporosis? Answer: _____
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Doctor Says: A family history of bone fractures or osteoporosis means it's even MORE important to get the right amount of calcium to improve bone health.

BE A ROLE MODEL AND ENJOY DAIRY WITH YOUR FAMILY (ONE SERVING* EQUALS):

 8 ounces (1 cup) milk *For ages 4 and older	 1 to 1½ ounces of cheese	 6 or 8 ounce container of yogurt
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Visit www.34day.org to sign up to be a 3-4 Day™ of Dairy Mom. As a 3-4-Day Mom, you'll receive delicious recipes, the family wellness, exclusive member-only offers and great advice from other moms.

3-4 Day
AMERICAN ACADEMY OF PEDIATRICS
DISTRIBUTED BY THE REQUEST OF ALL OUR MEMBERS

Optimizing Bone Health for Children and Adolescents

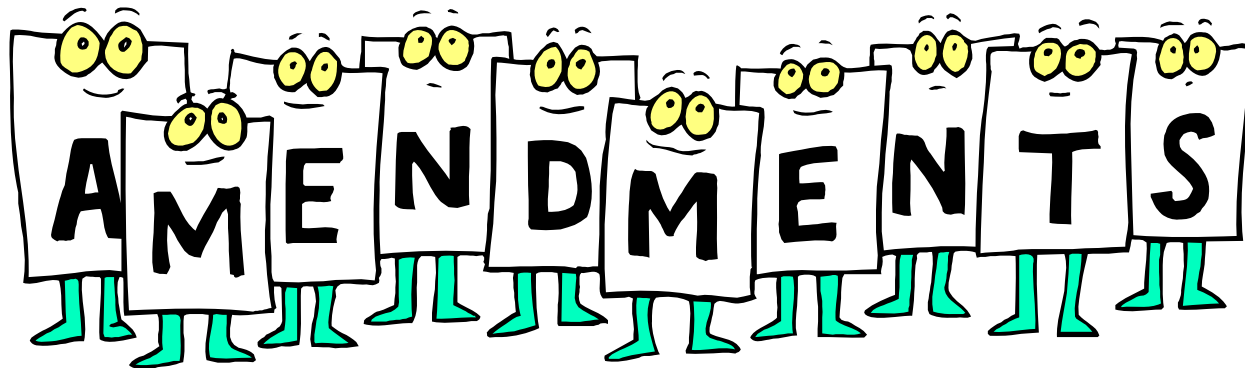


Calcium Assessment

PowerPoint

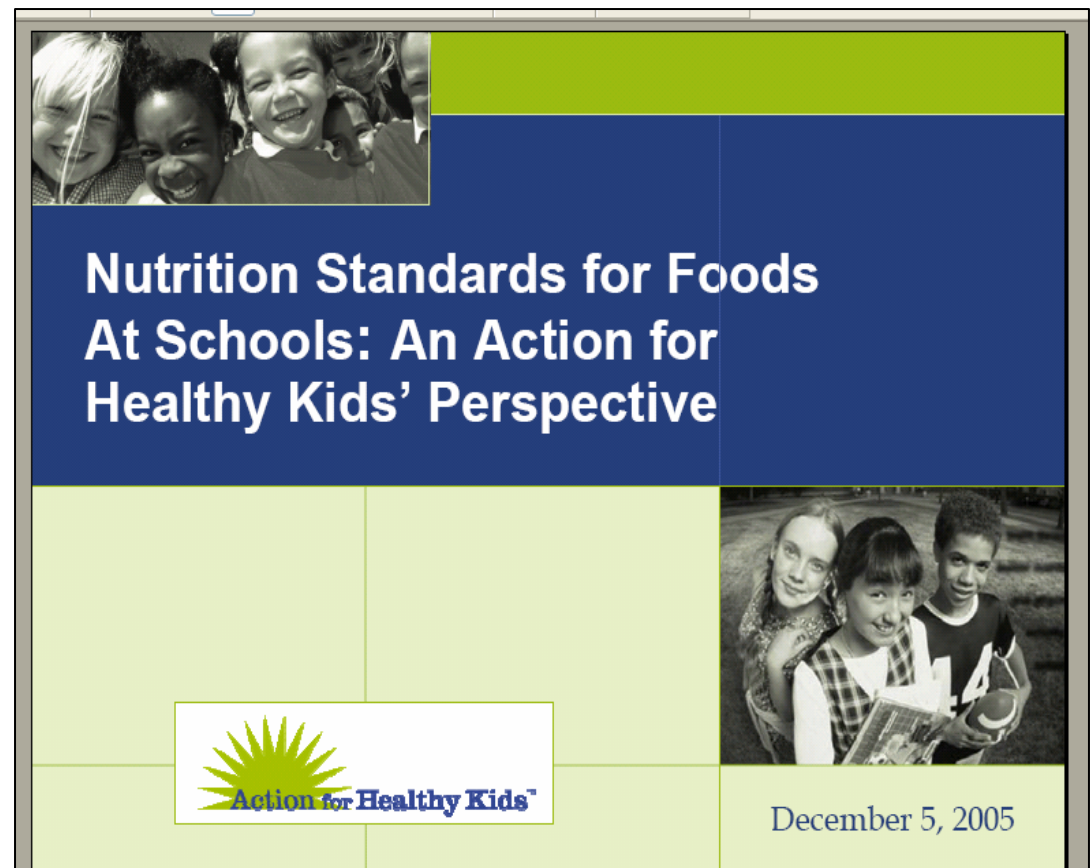
School Nutrition Standards

- Proposed Senate Bill
- National School Lunch Act
- Prohibit sale of certain foods in schools
- “Promote” obesity??



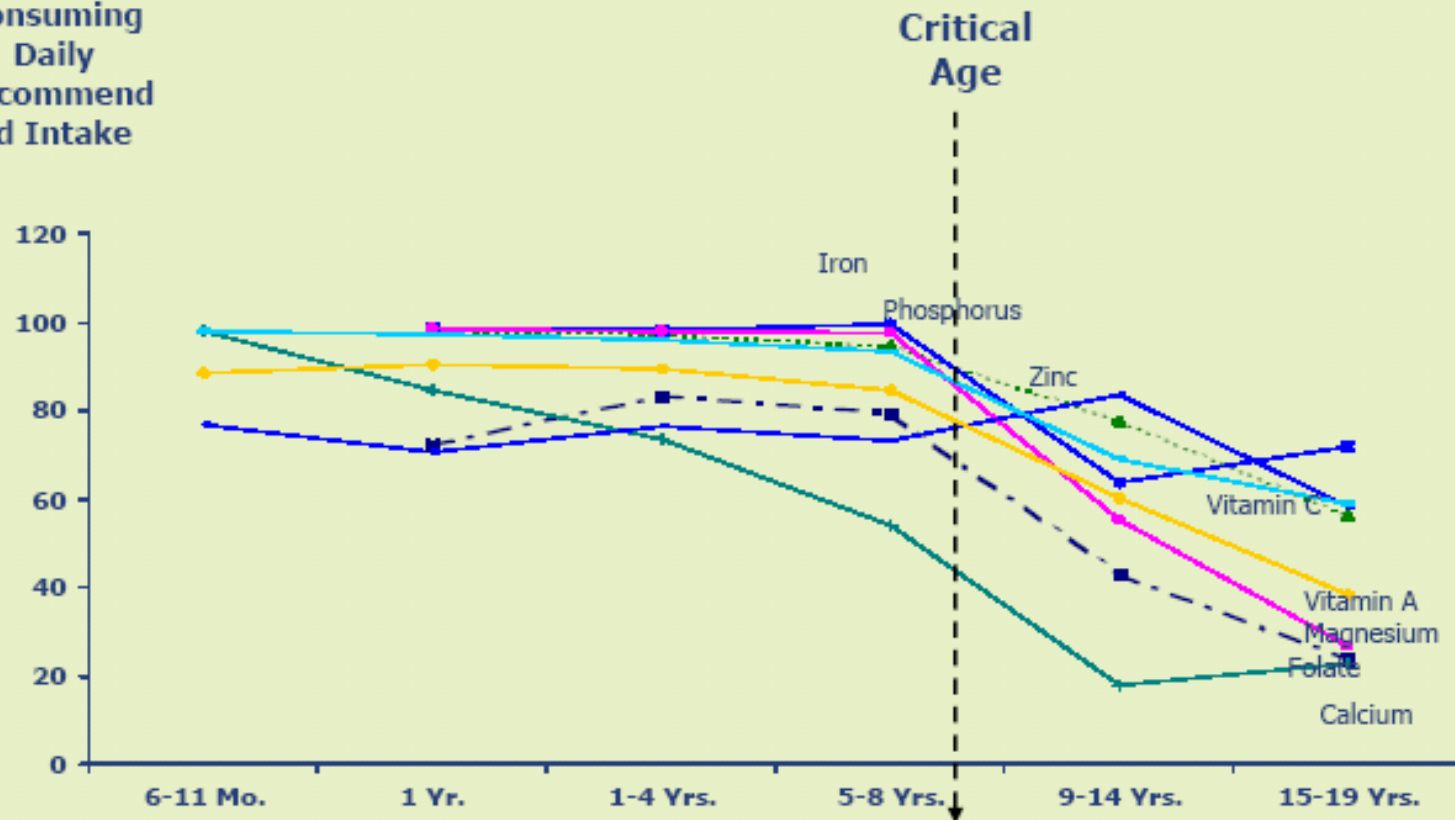
School Nutrition Standards

- AFHK PowerPoint (in PDF)



Undernourished and Overweight

% Children
Consuming
Daily
Recommend
ed Intake



Data compiled by Dr. John Lasekan, Ross Labs
NHANES 1999-2000 and the Continuing Food Survey 1994-96, 1998

New Look of School Milk

- What do kids want?
- 10 oz Utah pilot
- Plastic milk package
- Cold
- Flavors



3-a-day Grant

- FCCLA
- \$50-\$1000
- Chapter projects
- Empower kids



NutritionExplorations.Org



Educators



- **NEW Lessons - Enroll Now!**
- Teach Little D's Nutrition Expedition
- Join Arianna's Nutrition Expedition
- Download Dairy Wellness Checklist
- Find NEW Food Model Activities
- Visit Interactive Food Groups Pyramid
- Register for E-News

Parents



- Mix up a Mango Yogurt Smoothie
- School Wellness — Get Involved
- Teach Healthy Choices
- Serve Smart Summer Snacks

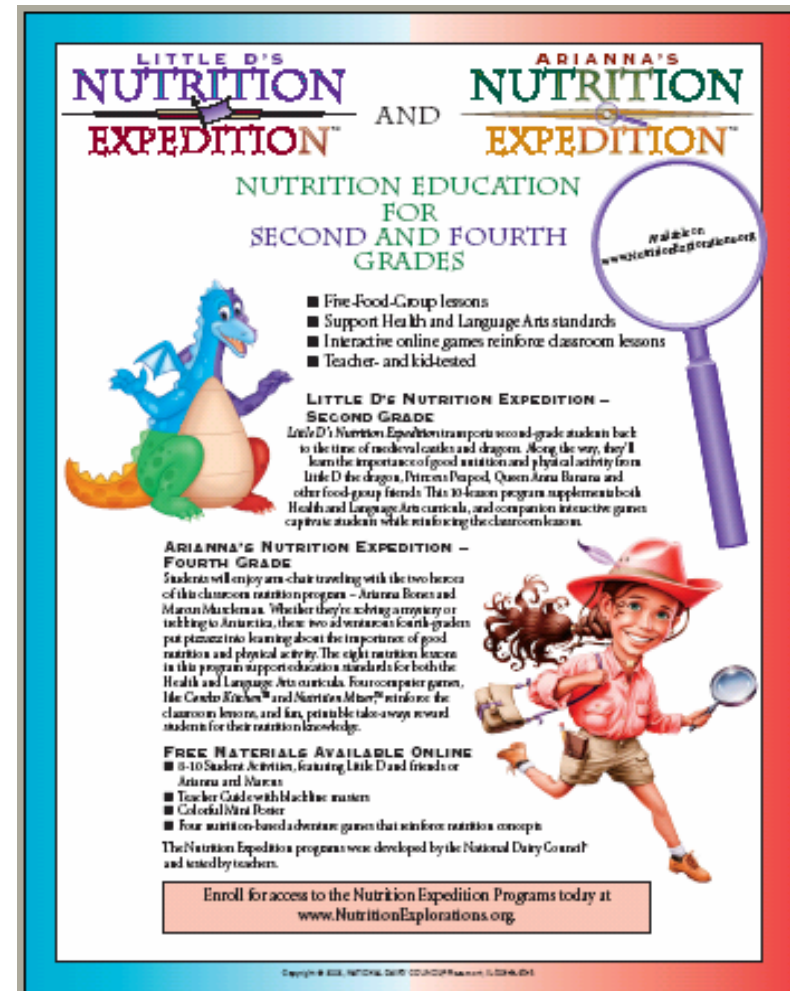
School Foodservice



- **Add Plastic Bottles to Your Milk Bid and Win!**
- Download Dairy Wellness Checklist
- Take the Cold Milk Survey
- Take the New Look of School Milk Online Course!

Nutrition Expeditions

- Printed materials for 2nd & 4th grade teachers
- On line version
- Activities



The poster is titled "LITTLE D'S NUTRITION EXPEDITION™ AND ARIANNA'S NUTRITION EXPEDITION™" and is for "NUTRITION EDUCATION FOR SECOND AND FOURTH GRADES". It features a blue dragon on the left and a girl explorer on the right. A magnifying glass on the right side contains the website "www.nutritionexplorations.org".

■ Five Food-Group lessons
■ Support Health and Language Arts standards
■ Interactive online games reinforce classroom lessons
■ Teacher- and kid-tested

LITTLE D'S NUTRITION EXPEDITION – SECOND GRADE
Little D's Nutrition Expedition transports second-grade students back to the time of medieval castles and dragons. Along the way, they'll learn the importance of good nutrition and physical activity from Little D the dragon, Princess Poppy, Queen Anna Banana and other food-group friends. This 10-lesson program supplements both Health and Language Arts curricula, and companion interactive games captivate students while reinforcing the classroom lessons.

ARIANNA'S NUTRITION EXPEDITION – FOURTH GRADE
Students will enjoy arm-chair traveling with the two heroes of this classroom nutrition program – Arianna Bones and Marcus Musclesman. Whether they're solving a mystery or tackling a challenge, these two adventures fourth graders put puzzle pieces into learning about the importance of good nutrition and physical activity. The eight nutrition lessons in this program support education standards for both the Health and Language Arts curricula. Four computer games, the Castle Kitchen™ and Nutrition Mixer™, reinforce the classroom lessons, and fun, printable take-aways reward students for their nutrition knowledge.

FREE MATERIALS AVAILABLE ONLINE
■ 8-10 Student Activities, featuring Little D and friends or Arianna and Marcus
■ Teacher Guide with blackline masters
■ Colorful Mini Poster
■ Four nutrition-based adventure games that reinforce nutrition concepts

The Nutrition Expedition programs were developed by the National Dairy Council and tested by teachers.

Enroll for access to the Nutrition Expedition Programs today at www.NutritionExplorations.org

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Food Model Activities

- Back by popular demand
- \$18 set
- On line activities

NutritionExplorations.org

- Activities for all ages



Additional Materials on CD

- Dairy & African American Health
- Improve Diet Quality with Dairy
- Potassium DRI
- Surgeon General Bone Health Summary
- Breakfast Tips
- Dairy & Weight Loss Research
- Food & Exercise Journal
- Super Foods 2005 Dietary Guidelines